



## KEEP IT INTERESTING

Are you bored with your exercise routine? If so, spice it up! By incorporating fun activities into your current routine, you will be more likely to enjoy exercising. Listed below are a few popular, calorie-burning activities that will increase your motivation.

- Grab a buddy and enjoy a morning walk through the neighborhood, jog around the lakes, tennis or anything that gets you moving.
- Spend an afternoon rollerblading or bicycling at the park.
- Get off your feet and take a canoe out on the lake.
- Replace your aerobic workout with a night of dancing.
- Go golfing but ditch the cart and walk the course.
- Pull a group together, form teams and play your favorite sports.
- Gather your friends for a night of bowling.

*DON'T FORGET TO STRETCH!*